



# Mid-America Orthopedics

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### **Rotator Cuff Repair (Accelerated Protocol)**

With or Without SAD/DCE (Mumford)

#### **Days 0-20**

- **Immobilization:** Sling with abduction pillow.
- **ROM: PROM to 90 degrees flexion and abduction; 20 degrees ER and IR.**  
Include joint mobilization for glenohumeral and scapulothoracic joints.  
Scapular retraction/clock exercises.

**IF BICEPS TENODESIS: PROM of elbow for first 20 days. Can begin AAROM/AROM of elbow at day 21. Isometric biceps strengthening at day 42 (end of 6 weeks). Isotonic strengthening at day 56 (end of 8 weeks).**

#### **Days 21-41**

- **Immobilization:** Continue with sling and abduction pillow.
- **ROM:** PROM in all planes should be full by week 6 (increase flexion and abduction symmetrically, allow flexion to determine progression. Increase ER and IR symmetrically, allow ER to determine progression).  
**Add in pulleys or stick exercises for ROM in clinic.** (May issue for home if patient is limited in ROM and has good understanding of passive nature of pulleys.)
- **Strength:** Begin manually resisted scapular exercises including scapular clock focusing on middle and lower trap.

**Contact MD by day 28 if having problems or significant ROM restrictions.**

#### **Day 42 (end of week 6) to Day 83 (end of week 12)**

- **Immobilization:** Remove sling.
- **ROM:** Begin AROM in all planes. Continue with PROM as needed to maintain full ROM.
- **Strength:**  
Begin with submaximal isometrics and scapular stabilization exercises.  
Progress to Rockwoods as able to perform correctly.  
Progress scapular stabilization exercises in open and closed chain.  
Progress total arm strengthening.

### **End of Week 12-16**

- **Strength:** Progress into higher level strengthening and endurance activities.

### **End of Week 16+**

- **Strength:** Continue to progress total arm strengthening; increasing resistance as able.
- **Throwing:** Can begin plyometric throwing and return to sport progression if strength goals are met.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 978-9000.